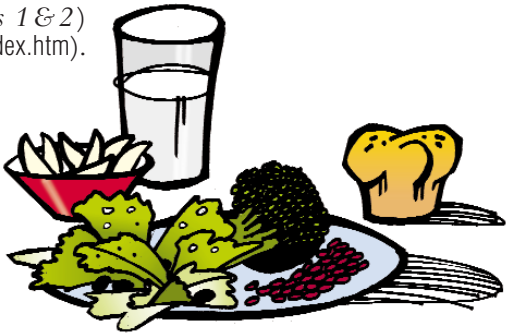


1

NUTRIENT ADEQUACY WITHIN CALORIE NEEDS

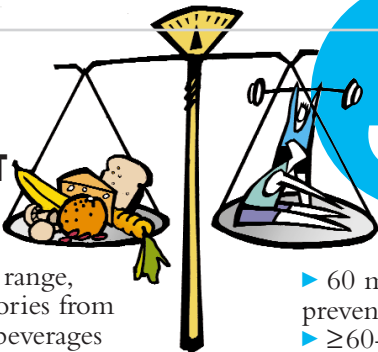
- Consume a variety of nutrient-dense foods and beverages within and among basic food groups while choosing foods that help you limit your intake of saturated and trans fats, cholesterol, added sugars, salt, and alcohol.
- Adopt a balanced eating pattern like the USDA Food Guide (See Tables 1 & 2) or the DASH eating plan (<http://www.nhlbi.nih.gov/health/public/heart/hbp/dash/index.htm>).
- Special needs:
 - ▶ Those over 50 need vitamin B12 from fortified foods or supplements.
 - ▶ Women of childbearing age need high-iron foods along with vitamin C-rich foods to enhance iron absorption.
 - ▶ Women who are pregnant or may become pregnant need folic acid daily from fortified foods or supplements.
 - ▶ People who are older, have dark skin, or are not exposed to sunlight need vitamin D from fortified foods and/or supplements.



WEIGHT MANAGEMENT

2

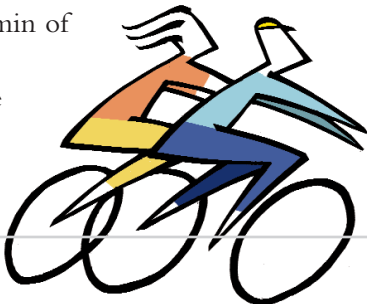
- To maintain body weight in a healthy range, balance calories from foods and beverages with calories expended.
- To prevent gradual weight gain, make small decreases in food and beverage calories and increase physical activity.
- When trying to lose weight, aim for a slow steady loss.



3

PHYSICAL ACTIVITY

- Do regular physical activity and reduce sedentary activities to promote health, psychological well-being, and a healthy weight.
 - ▶ ≥30 min (*moderate/vigorous-intensity*) most days to reduce chronic disease risk
 - ▶ 60 min (*moderate/vigorous-intensity*) most days to manage weight and prevent gradual weight gain
 - ▶ ≥60-90 min (*moderate-intensity*) daily and limit calorie intake to sustain weight loss (*This activity level may require consultation with a healthcare provider.*)
- Achieve physical fitness with aerobic activities (*heart health*), stretching (*flexibility*), and resistance activities (*muscle strength and endurance*).
- Children and adolescents need ≥ 60 min of physical activity most days.
- Regular physical activity helps reduce functional decline associated with aging.



FOOD GROUPS TO EMPHASIZE

4

- Consume sufficient amounts of fruits and vegetables. (See Table 1.)
- Choose a variety of fruits and vegetables each day. Select from all 5 vegetable subgroups several times a week. (See Table 2.)
- Consume 3 or more ounce equivalents of whole-grain products/day, with the remainder of grains coming from enriched or whole-grain products.
- Consume 3 cups/day of fat-free/low fat milk or equivalent amounts of milk products. Children 2-8 yrs need 2 cups/day or equivalent amounts of milk products.

TABLE 1

USDA Food Guide: Suggested Daily Amounts of Food From Food Groups at 4 Calorie(Cal) Levels

Food Groups	1200 Cal/day	1600 Cal/day	2000 Cal/day	2400 Cal/day
Fruits	1 cup	1½ cups	2 cups	2 cups
Vegetables	1½ cups	2 cups	2½ cups	3 cups
Grains, whole	2 ounces	3 ounces	3 ounces	4 ounces
Grains, other	2 ounces	2 ounces	3 ounces	4 ounces
Meat & Beans	3 ounces	5 ounces	5 ounces	6½ ounces
Milk	2 cups	3 cups	3 cups	3 cups
Oils	17 grams	22 grams	27 grams	31 grams

TABLE 2

USDA Food Guide: Weekly Suggested Intakes of Vegetable Subgroups at 4 Daily Calorie (Cal) Levels

Vegetable Subgroup	Examples of vegetables	1200 Cal/day	1600 Cal/day	2000 Cal/day	2400 Cal/day
Dark green	broccoli, spinach, romaine, collards, turnip/mustard greens	1½ cups/wk	2 cups/wk	3 cups/wk	3 cups/wk
Orange	carrots, sweet potatoes, winter squash, pumpkin	1 cup/wk	1½ cups/wk	2 cups/wk	2 cups/wk
Legume	peas, pinto beans, kidney beans, lentils, chickpeas, tofu	1 cups/wk	2½ cups/wk	3 cups/wk	3 cups/wk
Starchy	white potatoes, corn, green peas	2½ cups/wk	2½ cups/wk	3 cups/wk	6 cups/wk
Other	tomatoes, tomato juice, lettuce, green beans, onions	4½ cups/wk	5½ cups/wk	6½ cups/wk	7 cups/wk

The NIH Division of Nutrition Research Coordination (DNRC) brings you the DHHS/USDA 2005 Dietary Guidelines for Americans to help maintain or improve your health.

MARCH IS NATIONAL NUTRITION MONTH

FATS

- <10% of calories from saturated fat
- <300 milligrams cholesterol/day
- Trans fat as low as possible
- 20–35% of calories from fat, mostly poly- and monounsaturated fat (e.g., fish, nuts, and vegetable oils)
 - ▶ 25–35% of calories from fat for 4–18 yrs
 - ▶ 30–35% of calories from fat for 2–3 yrs
- Choose lean meats, poultry without skin, fat-free/low fat milk/milk products
- Limit fats/oils high in saturated and/or trans fats; choose products low in these fats/oils.

5

CARBOHYDRATES

- Choose fiber-rich fruits, vegetables, and whole grains often.
- Choose and prepare foods and beverages with little added sugars or caloric sweeteners.
- To reduce dental caries, decrease frequency of consuming sugar- and starch-containing foods and beverages.

6

SODIUM AND POTASSIUM

- <2,300 milligrams sodium/day (equal to 1 teaspoon of salt)
- Choose/prepare foods with little salt.
- Consume potassium-rich fruits and vegetables like oranges and spinach.
- If you are Black, have high blood pressure, or are middle-age or older, aim for ≤1,500 milligrams sodium/day.

7



ALCOHOLIC BEVERAGES

- If you choose to drink alcoholic beverages, do so sensibly and in moderation (≤one drink/day for women and ≤two drinks/day for men).
- Do not drink alcoholic beverages if you:
 - ▶ cannot restrain your alcohol intake
 - ▶ may become pregnant
 - ▶ are pregnant or breastfeeding
 - ▶ are a child or adolescent
 - ▶ are taking medications that interact with alcohol
 - ▶ have been advised not to drink by your healthcare provider
 - ▶ are engaged in activities that require attention, skill, or coordination, such as driving or operating machinery.

8

9

FOOD SAFETY

To avoid microbial foodborne illness:

- Clean hands, contact surfaces, and fruits and vegetables.
- Separate raw, cooked, and prepared foods while shopping, preparing, or storing.
- Cook foods to a safe temperature to kill microorganisms.
- Refrigerate perishable food promptly.
- Do not eat raw (unpasteurized) milk, any products made from unpasteurized milk, raw or partially cooked eggs, food containing raw eggs, raw or undercooked meat and poultry, unpasteurized juices, or raw sprouts.
- Infants, young children, pregnant women, older adults, and those with weak immune systems should especially avoid higher risk, potentially unsafe foods.



MORE INFORMATION

More information about the 2005 Dietary Guidelines for Americans is available at www.healthierus.gov/dietaryguidelines. More information about the DNRC is available at <http://www.dnrc.nih.gov/>.